

Novel brain biomarkers of performance impairment in good sleepers

ACTRN12615001224516

Status	RECRUITING
Sponsor	Cooperative Research Centre (CRC) for Alertness, Safety and Productivity
Enrollment	50 participants

Plain Language Summary

This study is measuring brain and performance changes in healthy sleepers when they stay awake through the night. Researchers want to find brain signals that predict who is most at risk of impaired performance — such as poor driving — when sleep-deprived. The study uses simulated driving tests and brain monitoring. The goal is to develop tools that can detect dangerous sleepiness before accidents happen.

You may be eligible if:

- You are between 25 and 65 years old
- You weigh under 150 kg
- You can read and speak English
- You can perform computer-based tests

You may NOT be eligible if:

- You have been diagnosed with a sleep disorder (such as sleep apnea) confirmed by a sleep study
- You have a history of head injury, epilepsy, depression, stroke, mania, or psychosis
- You currently use medications that affect the brain and nervous system (antidepressants, antipsychotics, opiates, antihistamines)

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (4)

- Age 25-65 years
- Weight <150kg
- Ability to read and speak English
- Ability to perform neurobehavioural tests

Exclusion (4)

- PSG confirmed sleep disorders (e.g. OSA)
- History of head injury or psychiatric/neurological disorders: clinical
- depression, epilepsy, mania or psychosis, stroke
- Currently using CNS active medications/drugs such as: anti-depressives, anti-psychotics, opiates, antihistamines

Locations (1 total)

NSW, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12615001224516>

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